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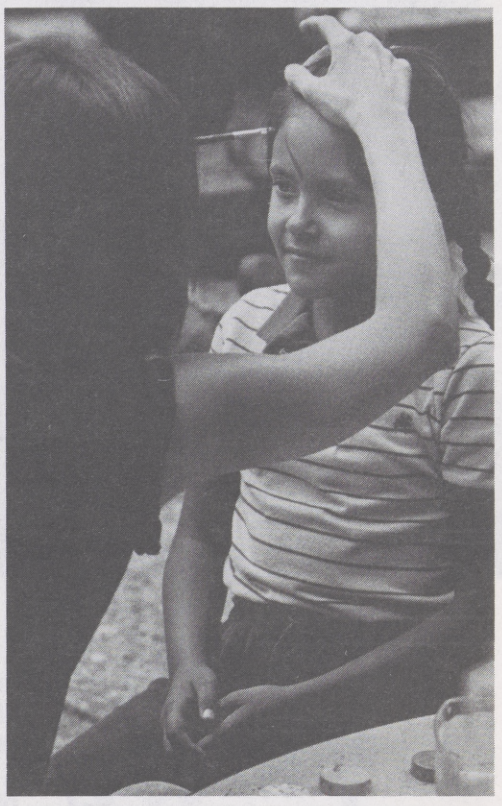
Long Hospital Dedication

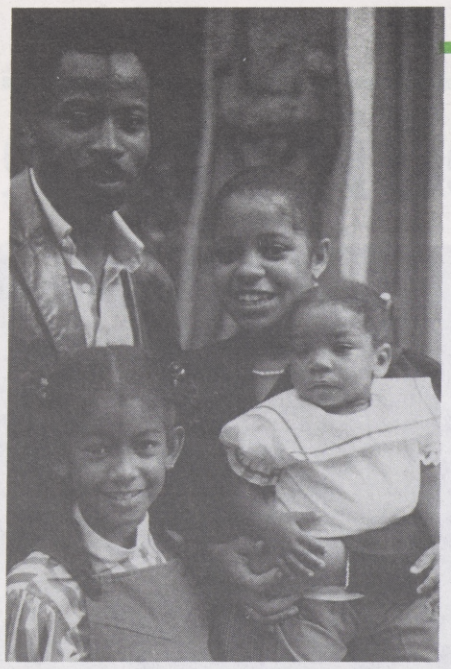


Clockwise from top left: UC Board of Regents Chairman Yori Wada, Assembly Speaker Willie Brown, Lieutenant Governor Leo McCarthy and Joseph M. Long; in Saunders Court, Alicia Panuco, daughter of Physical Plant electrician Umberto Panuco, has face painted by Lisa Diprima of the Children's Art Center; onlookers at the ceremony include Research and Development Laboratory Director Freeman Bradley and Hospital and Clinics Assistant Director Clifford Portis; nurse Jean Leong gives tour of operating room. More photos on page 12.

More than 1,500 employees, community members and friends of the campus turned out on October 1 to celebrate the dedication of the new Joseph M. Long Hospital and the modernization of Moffitt Hospital. Along with several dignitaries and campus officials, they honored Mr. Long and the many others who helped make the project possible.

After the ceremonies, visitors, employees and their families enjoyed sunshine, hot dogs, the antics of a juggling magician and rock music in Saunders Court. Many toured the new facilities, including operating rooms, the physical therapy gym and pool, the ninth-floor patient areas of Long Hospital and some units housing state-of-the-art medical technology and patient care. Even for many employees, it was a first and revealing look at some of the "insides" of where they work.

Like the afternoon before, when more than 2,000 attended the dedication kick-off party for campus employees, it was simply fun. And it was an opportunity to enjoy being part of an institution already with a lengthy history — and now assured of a long future — of providing quality patient care.



United Way Helps Many

Eight years ago, when she was 15 years old, Sandi Hall-Robinson became a mother. With no one else to care for her daughter, Alexis, during the day, she was confronted with the possibility of dropping out of school — something she did not want to do.

Sandi found help through the San Francisco Family Development Center, which provided free day care for Alexis from the time she was three months old until she was 2½. Sandi was then able to concentrate on finishing her last two years at San Francisco's Galileo High "with the comfort of knowing that Alexis was being well cared for."

A secretary in the UCSF Academic Senate office for two years, Sandi is one of the nearly two million in the Bay Area benefiting from a human service agency funded by the United Way.

After high school graduation, Sandi was offered employment counseling by the Bay Area Urban League, also funded by the United Way, which eventually helped her land her current job. Her second daughter, one-year-old Jewel Amber, is now enrolled at the same Family Development Center where her sister went.

To television viewers, Sandi's face may be familiar. She and her daughters made a public service announcement for this year's United Way campaign. In the ad, she thanks the public, whose donations help make programs like the Family Development Center possible.

Sandi is not the only UCSF employee who has been assisted by a United Way agency. Fifteen years ago, School of Nursing data assistant Cheyney Johansen looked to the Big Brothers of San Francisco to provide companionship for her seven-year-old son, Jon. A working, single mother new to San Francisco, Johansen felt Jon needed someone who was more than a baby sitter. Jon and his "big brother" immediately hit it off, and they enjoyed regular weekend outings for the next 10 years. Though they don't see each other as often as they used to, Jon, now 22, is still friends with his "big brother."

When a CVRI employee seemed to be having hearing problems, rehabilitation counselor Bruce Flynn referred him to the San Francisco Hearing and Speech Center. That United Way agency tested the employee and provided a new hearing aid.

Their cases may not be as dramatic, but many others — an estimated one in three in the Bay Area — benefited last year from one of the more than 200 United Way agencies. They include, among many others, the Girl Scouts and Boy Scouts, health care services for the elderly and disaster relief organizations that aided victims of last year's storms and floods.

The United Way campaign at UCSF will be held the week of October 31. Chancellor Krevans announced that all vice chancellors, deans, directors and other campus administrators have already made their contributions. Increased participation is being emphasized this year, and employees are asked to give only what they can afford. If you can't give $50, give $5. If you can't give $5, give $1. Every dollar counts and helps someone in the community.

During United Way campaign week, employees can make a lump sum contribution or authorize monthly paycheck deductions given to United Way. Employees may designate contributions to any one of the United Way agencies; to campus-related programs such as the UCSF Child Care/Study Center, the foster grandparents program and the Koret Family House; or to any tax-exempt, non-United Way human service agency in the state.

Arlynne Innis, a receptionist in the School of Nursing, chooses the latter option and each year designates a monthly contribution to the Multiple Sclerosis Society. Innes, a 13-year UCSF employee who is handicapped with multiple sclerosis, experienced a difficult period three years ago, and the MS Society on a few occasions paid for cab transportation between her home and a physician's office. Her donation, though small, will help the MS Society do the same for others like her, she says.

Al Giannino, assistant manager of clinical support systems in the School of Dentistry, has been helped by the Hemophilia Foundation of Northern California. His 12-year-old son, Craig, has hemophilia and is a UCSF patient. The foundation, which received money last year through designated donations, sponsors a summer camp that Craig attends, as well as support groups for parents of children with hemophilia.

Ninety cents out of each dollar an employee gives to United Way goes directly to the human service agency. Only 10 percent goes to United Way administrative costs.

Many UCSF patients are referred to and assisted by United Way agencies. The Social Work Department, for example, helps many people from outside the San Francisco area get money from the American Cancer Society so they can be near family members receiving treatment at UCSF. Having a family member present is important in the care of the cancer patient, says Social Work director Mary Jane Allison, so the society gives money to needy families for transportation, meals and lodging in neighborhoods guest houses.

The Social Work Department also refers many discharged patients to the United Way–funded Visiting Nurses Association, which provides care for those needing health assistance in their homes.

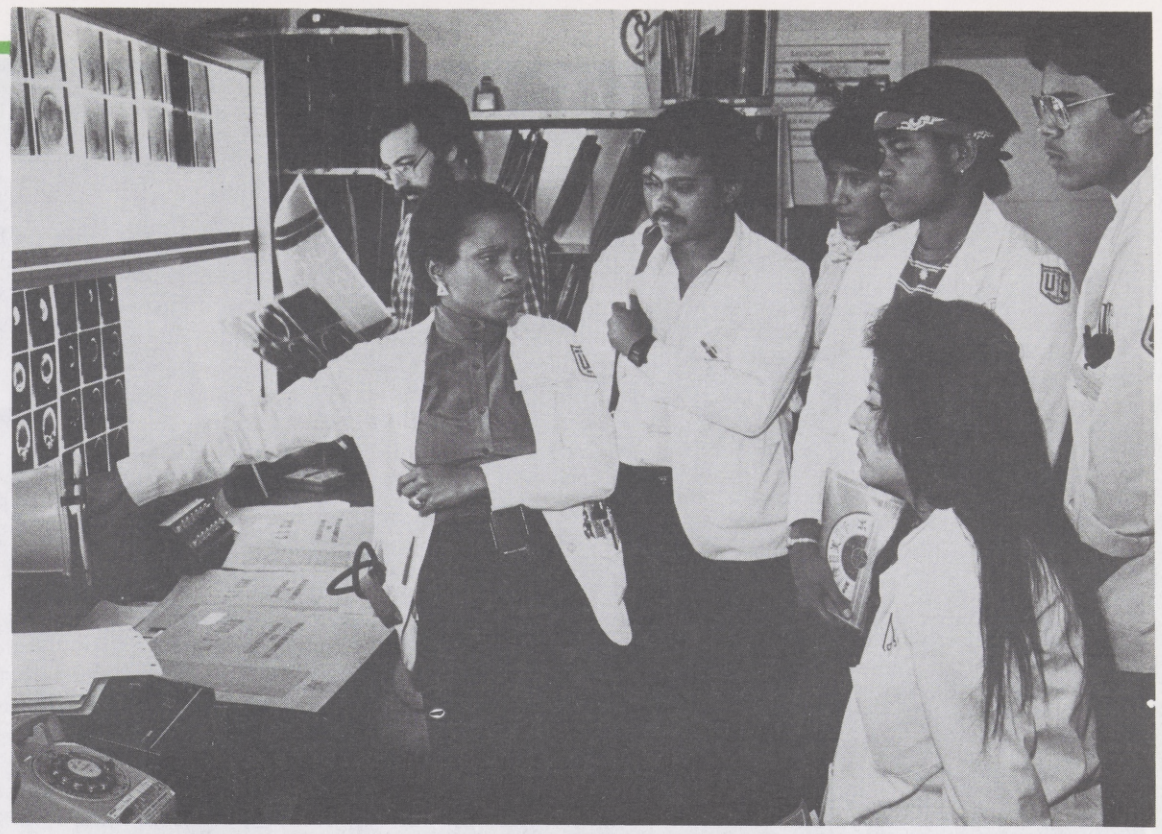
Allison emphasizes that such home health care agencies make it possible to get people out of the hospital faster and save on health costs.

"Giving to United Way makes necessary social services possible," says Allison. "When I make my contribution, it gives me a personal opportunity to take some of the burden off the public health care dollar."

Andy Evangelista

Top: secretary Sandi Hall-Robinson with husband Isaiah and daughters Alexis and Jewel Amber. Left: receptionist Arlynne Innis. Above: data assistant Cheyney Johansen. All have been aided by a human service agency that received funds through the United Way.

Minority Youths Attend Summer Program



Sixteen-year-old Osvaldo Luis, the son of an immigrant farmworker, wants to be a doctor.

He decided a year ago that he wanted to do something about the lack of medical attention in his community and also about the reluctance of many who labor in the fields of Salinas to seek what care is available.

After a one-week visit to UCSF in late July, as part of a program for minority youths interested in the health professions, Luis is less naive, still idealistic and more determined. He better understands the academic, financial and social hurdles standing before his goal. Still, he vows to excel in high school and college, get into a medical school and return to Salinas as a family practitioner.

"I know it'll be tough, but my father always tells me that, if I work hard enough, I can be whatever I want."

Except for his week at UCSF, Luis spent part of the summer working the fields. Sometimes starting as early as 4 am, he bunched onions and earned "as much as $34 a day." Some of the money he gave to his family; the rest he is saving for college and, he hopes, medical school.

Thirty-one students from around the state participated in this year's UCSF Early Outreach Summer Residency Program, sponsored by the campus Health Sciences Special Services Program. The program not only exposes minorities and disadvantaged students to the health professions, in which they have been traditionally underrepresented, but also advises and prepares them for the high school and undergraduate prerequisite courses, says Eugene Salazar, associate dean of students with the HSSSP.

The participants — selected from the Early Outreach programs of UC-Berkeley, Davis and Santa Cruz — all had B or higher grade averages. All are starting their high school junior year, when course selection and grades may determine whether they go to college or not.

For the week of July 18 to 22, the students were housed in campus dormitories. During the day, they donned white lab coats and observed nurses, physicians, clinical pharmacists, dentists, dental hygienists and physical therapists at work. They toured the Long Hospital Post-Anesthesia and Recovery Room, the anatomy lab, the intensive care nursery and the outpatient pharmacy and dispensary. They peered through microscopes, observed a demonstration of the CT scanner, learned how to take blood pressure and carved a tooth out of clay in a dental lab. They heard talks by representatives of the four schools and the graduate division, and attended two-hour workshops on career planning, English, math and science.

Student Services assistant Carol Stadum of the HSSSP coordinated the tightly scheduled week of activities, which involved some 40 UCSF faculty, staff and students.

Perhaps the best source of information for the students were the six "peer advisors," UCSF minority students who accompanied the youths throughout their stay. They were the best ones to answer questions about coping with financial strains and the rigors of extra years of study. Better yet, they were proof in black and brown that a health professional career is attainable.

The students who came to UCSF could learn that health professionals are "ordinary people, not really much different from themselves," says Phil Shields, a third-year medical student.

"The program is an excellent one," he says. "I do a lot of recruiting and have found that visiting classrooms and giving a one-hour presentation don't have a lot of impact."

Shields, who also advised students in last year's program, says it would be too optimistic to predict that all, or even most, of the 31 students would eventually become nurses, physicians, dentists or pharmacists. "But at least we have them thinking about college and possibly entering a health-related field."

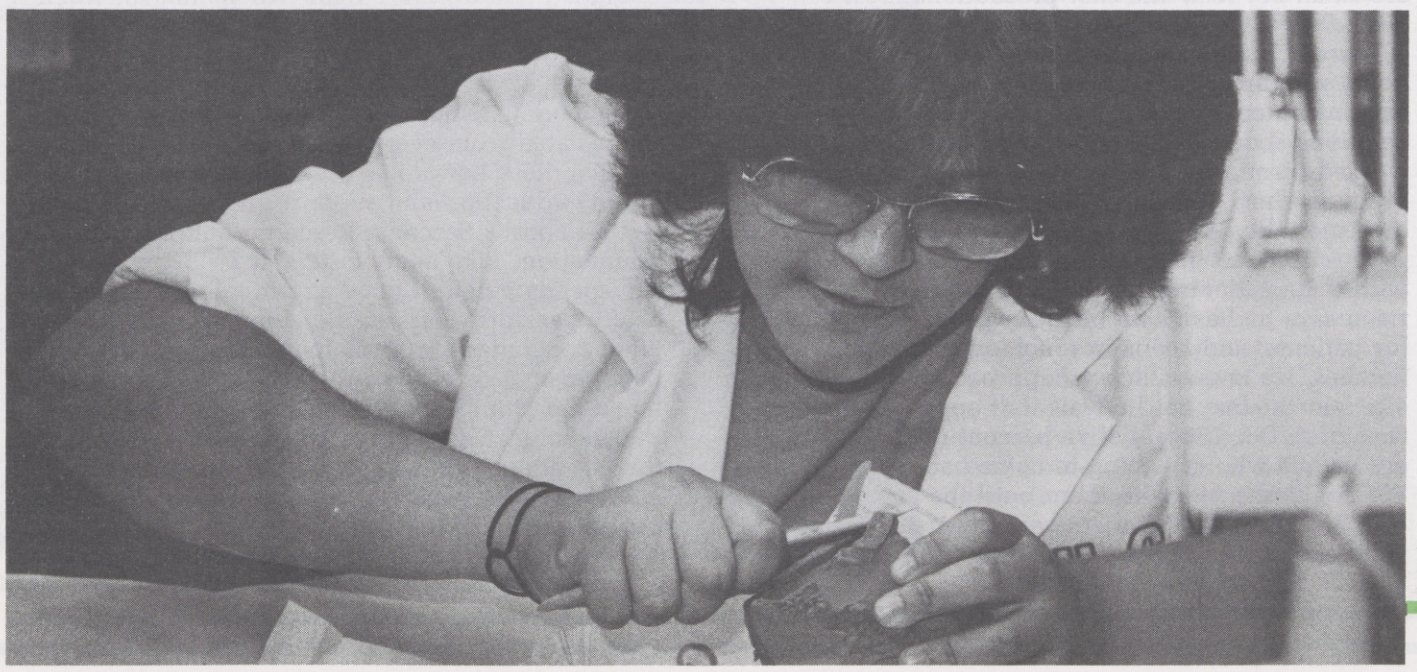
At the end of the week, however, as the students prepared to depart in their different directions, many were confident about beating the odds.

Sandra Calderon returned to Sanger (near Fresno), where she will continue to do volunteer work in the community hospital. She says she may be back at UCSF in six years — as a medical student.

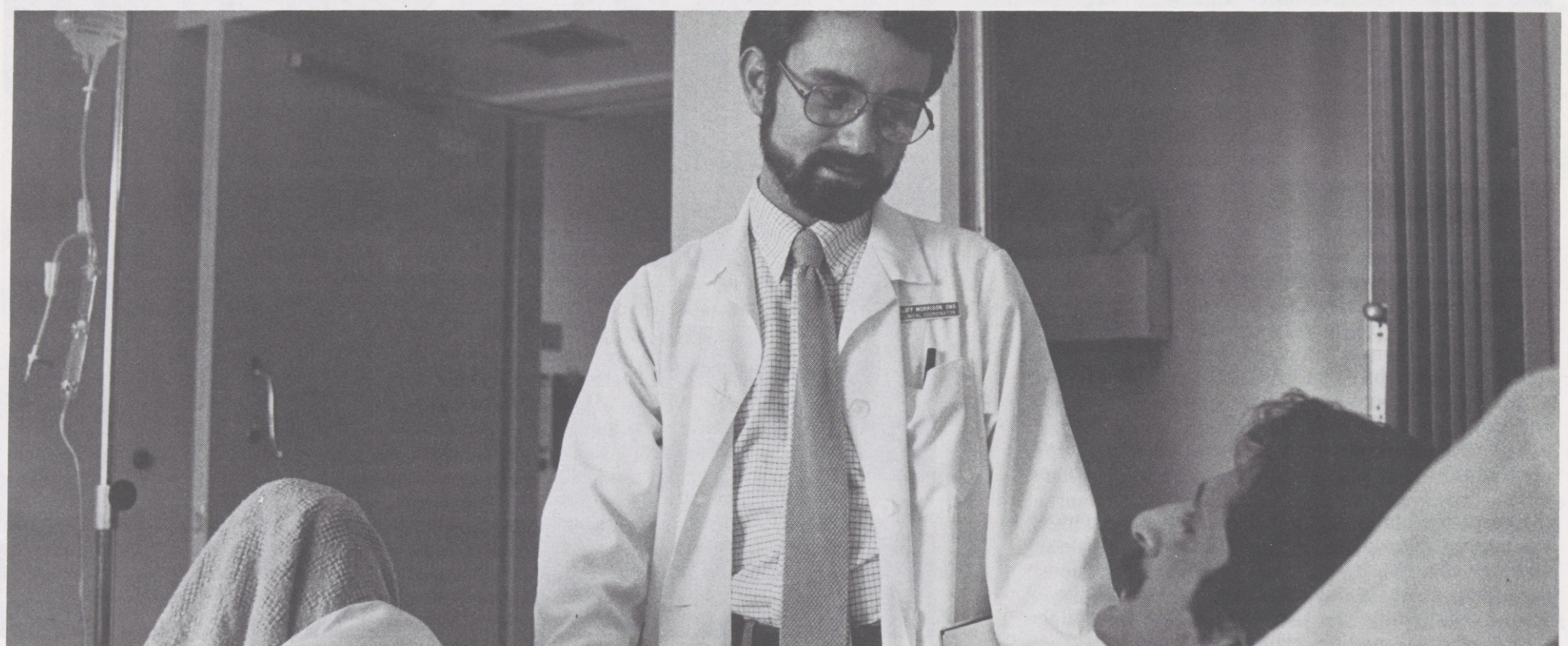
After seeing patient care areas, Christine Porter of Oakland doesn't think she's well suited to provide hands-on care. But she feels she can make a contribution, and her goal now is to become a research scientist.

Janet Kennedy of Sacramento wants to be a pharmacist. She spent some time here questioning peer advisor Sharon Youmans, a second-year pharmacy student, about the field. Kennedy now has her sights set on an undergraduate career at UC-Davis, and then UCSF. She says emphatically, "I know I can do it."

Andy Evangelista



Top: Neurosurgery resident Ahimsa Sumchai and medical student Phil Shields, to her right, show radiology CT scans to Sacramento high school students. Left: Sandra Calderon of Sanger carves clay model of tooth.



Cliff Morrison with AIDS patient John Frenn in SFGH's Medical Special Care Unit.

Death Teaches Lessons About Life

UCSF faculty and staff at Moffitt/Long and San Francisco General Hospital are treating most of the slightly more than 275 cases of acquired immune deficiency syndrome (AIDS) reported to date in San Francisco.

In the last two years, the dozens of health professionals at both institutions who care for people with AIDS have struggled with personal fears of a disease about which still little is known and with the frustration of watching young gay men die. But for many of the care providers, dealing with death has taught them some things about life.

Cliff Morrison, RN, MS, is clinical coordinator of "5-B," the Medical Special Care Unit at SFGH, to which most hospitalized AIDS patients are admitted. Morrison, who is a UCSF assistant clinical professor of mental health and community nursing, heads a staff of 12 nurses. He finds work with AIDS patients emotionally demanding, but exceptionally rewarding.

"For the first time, I feel really professionally fulfilled," he says, and that produces a peculiar type of guilt. "I wonder how I can feel so good about something as awful as AIDS."

He and the 5-B staff discuss such emotional paradoxes in support groups held twice a week. "My philosophy is that when difficult issues come up, they should come out. We're very supportive of each other on this unit. Here, it's okay to cry with a patient, or with each other. That's not easy, because as health professionals, we're taught never to show emotion."

Morrison says he does not believe he can catch AIDS from working on the unit, but admits that anxious feelings come and go. "We know the risks are small but real, and that precautions must be taken."

There are special pressures in working with patients who are terminally ill. Feelings of grief must be confronted constantly. Morrison says his own emotions about death, which he thought he had worked through, were rekindled by the recent death of his mother. "I thought I'd come to grips with my own mortality, but it's a constant process."

Morrison and other nurses on 5-B often socialize with their patients after they are discharged. Morrison says he has given birthday parties at his home for patients, and keeps in touch over dinners and lunches. He knows such an approach is professionally unorthodox, but he feels it is appropriate in the case of AIDS. "Seventy-five percent of our patients are people who are going to come back to the unit. We are connected with them until the end."

At UCSF, AIDS inpatients are fewer in number and cared for in regular units. Maryann Rainey, a clinical nurse in Moffitt's Intensive Care Unit, says the "AIDS hysteria and media hype" were passed on to nurses there and created an atmosphere of worry and fear about nine months ago.

But Rainey credits UCSF Infection Control practitioners Linda Rosendorf, MS, and Jackie Octavio, RN, with allaying the anxiety by communicating frequently with nursing staff and offering current information on the disease and infection control guidelines.

Current evidence strongly indicates that AIDS is not easily transmissible, and is spread like hepatitis B, through direct exposure to blood and body fluids, particularly semen.

"They're so much younger than the others you see here," she says of the approximately 10 patients she has helped care for in the past year. "At first it does not compute that they may be dying before your very eyes."

Like others, Rainey has found caring for AIDS patients difficult but rewarding. She has found those she's cared for here to be warm, outstanding individuals, as are their "significant others," who may be the most important part of their emotional support. "I've liked these people. I empathize with them. Most are about the same age as me. I can really relate to them being my own friends," says Rainey.

Sensitivity to people with AIDS and their loved ones is something Angie Lewis, RN, MSN, emphasizes when she conducts AIDS workshops. An educator in the UCSF Nursing Service's Office of Education and Research, Lewis became involved in the AIDS picture more than two years ago, when there was only a handful of cases in San Francisco. At the time, she became close to a patient, visiting him daily for five months until he died. She lent emotional support at a time when he was feeling isolated from everyone else.

Since then, Lewis has become involved with community education and support groups, such as the AIDS/Kaposi's Sarcoma Research and Education Foundation. Like many others at UCSF and SFGH, she spends much of her own time lecturing to other health care providers in the community. Lewis often concludes her sessions by hugging one of her panel members — a person with AIDS. This drives home the point that AIDS is not spread through casual contact. It also reemphasizes her message that kindness, understanding and "keeping the human perspective" are important in caring for people with AIDS.

Leslie Lingaas and Andy Evangelista

PEOPLE

Developing a bonsai — or miniature tree in a tray — is the same kind of responsibility as raising a family pet, according to Sheila Greenberg. Greenberg, a clinical nurse III at the LPPI adult inpatient service, says that bonsai is living art and that, like an animal or a person, it is constantly changing.

Any species of tree can be used for bonsai, and Greenberg's own collection of more than 30 includes bald cypresses, conifers, maples, oaks, azaleas "for their beauty and color," a few serene Japanese black pines and a California juniper, carefully extracted from its Mojave home under the guidance of a Japanese master.

The bonsai artist refines a tree over time, she says, by pruning roots, pinching leaves and coaxing branches with weights and wires to convey the effects of a particular environment or nature's elements. So, a mini-conifer, with its branches weighted down, tells a story of endurance through many winters of high Sierra snowdrifts. A small cypress, its boughs wired backward, describes its native coastal habitat and the ocean winds dominating all that live there. A gentle stripping of some bark from the trunk of another shows how a fictitious bolt of lightning pierced through to the white heartwood core.

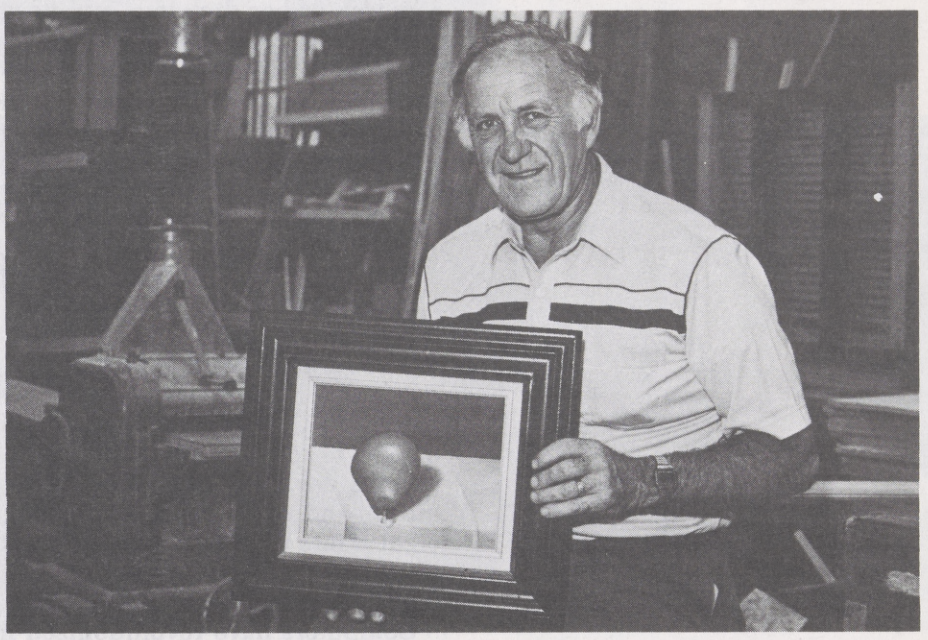
"Naturally, you try to feel the native characteristic of a tree," says Greenberg. "You don't go against its own personality."

Other bonsai people she knows are compatible and supportive, all standing ready to take care of one another's plants during vacations, "particularly important plants that you wouldn't want to entrust to a next-door neighbor."

She says that she never tires of talking bonsai to others who want to get started — "You have to get that initial knowledge from someone who knows" — and that her past converts include nursery workers, neighbors, fellow employees and patients.

It's a hobby with countless returns. "My trees help me get over the cares of today and put my world in perspective."

Sheila Greenberg and one of her bonsais.



Bob Ercolini shows one of his oil paintings.

Whether it's building a cabinet on campus, laying down a hardwood floor for his new home or painting a seascape in oils, it has to be just right or Bob Ercolini simply isn't happy. Weekdays, Ercolini is supervisor of the Physical Plant Department's carpentry shop, and the rest of the time he's finishing the San Carlos house or capturing on canvas the lights and nuances of nature at work.

The carpentry shop's products range from cabinets, bookshelves and tables to window molding and doors, says Ercolini, who has participated in the workmanship of three operating rooms: Moffitt's in 1955, Moffitt's renovated OR earlier this year and the new Long OR, also this year.

Whatever the task, carpentry requires both precision and artistry, according to Ercolini. "There's a certain amount of happiness you get when you make something nice — if you're a real mechanic."

He hopes that the new house will be ready later this fall, but it won't be at the expense of the intricacy that he wants reflected throughout — in the dining room's oak paneling, for example, "so tight you can't see where the joints are," in the cabinets and ceramic tiling going into the kitchen, in the hardwood floors already down and the wallpaper still to be hung. For Ercolini, it adds up to a ten-hour day working with wood, but the "achievement is so gratifying, it gives me all the energy I need."

Painting is like woodwork, he says, requiring the same dexterity and ability to visualize how something will look when it's finished. But after five years of tutelage under another artist, Ercolini still finds oils more elusive than carpentry. "Toughest" are the seascapes, with their shifting color, light and wave movement, all to be captured within a few minutes.

"I'm still a student," he says. "I don't think I'll ever stop taking lessons, no matter how good I get."

Performer, model and designer Catherine Horton.

It helps to forget your audience, whether you're playing Medea onstage, crooning a torchy cabaret number in a nightclub or modeling designer fashions, says Catherine Horton, who has done them all. Between her studies in musical theater at San Francisco State University and her part-time job as a food service worker in Nutrition and Dietetics at Moffitt Hospital, she is concentrating at present on a year-old career in fashion, as model and designer.

She chanced into it last summer, when she took a spot job as model in a fashion show at the Kabuki Theater. The clothes she was hired to model immediately made her think she could create something better. She's been modeling her own designs since, both at the Kabuki and at fund-raisers.

Perhaps at the top of her line is a full-length black satin gown, luxuriously decked with tiers of black and gold-specked lace. Then, there's a more businesslike outfit of heavy red crepe with white butterfly sleeves, black velvet necktie and matching hat with veil. Currently in the works is a suede coat, broad at the top with amply padded shoulders and butterfly sleeves that taper to boa-feather cuffs.

She models designs by others at I. Magnin's, and says that her San Francisco State experience onstage helps. A good model always plays a role, she explains: stern and responsible for one outfit, frivolous for the next one. At times she improvises, adding extra steps or a turn, always moving smoothly and fluidly.

And a three-piece sportswear outfit is a natural for your own story line, she says. Action begins with a stroll down the street, or along the beach. Now Horton moves on, "cool but happy," as she removes her jacket, rolls up her shirtsleeves, plays with her sunglasses — "You always fiddle with the clothes" — and finally exits after casting one long perceptive look backward to let the unseen watcher know that she knows she was watched.

In short, she's doing whatever it takes to show an audience the outfit in all its potential.

In designing as well, her goal is to bring out the best in both outfit and wearer. Focusing on what's going to work for an individual client with individual dimensions is a continuing challenge, she says. "I'm still trying to discover what looks best on me."

Michele Liapes

Workers of the CVRI

Employees seem to stay here a long time, say some of the staff of the Cardiovascular Research Institute.

Founded in 1958 for interdisciplinary investigation into the unsolved problems of the heart, vascular system, lungs and kidneys, the CVRI is a leading center for such research, drawing postdoctoral fellows and visiting scientists from around the world. The CVRI's 92 faculty members and 140 postdoctoral research fellows are backed by a technical and administrative support staff of 310.

During the week of October 16, the CVRI celebrates its 25th anniversary. For this occasion, several employees recently discussed the institute and its impact on their own lives and careers.

One woman makes it her business to reassure patients who have come to the CVRI to find out if they need open-heart surgery. Someone else builds computer instruments that aren't available anywhere else. Another is an artist who communicates the complexities of cardiovascular research in her drawings and posters.

"If you tell people you've been doing this kind of work for 22 years, it seems to help them relax," says Osie Rand. A technician in the Adult Cardiac Catheterization Laboratory, she works with the doctors during procedures. Alerting them to such patient discomforts as chest pain is part of the job, but she does what she can to ease other distress as well. "I'll ask about children, hobbies, jobs . . . anything to take their minds off what's going on."

It seems to work: "Lots of times they're surprised when they find out it's all over."

Since starting at the CVRI more than two decades ago as lab helper preparing trays, she has seen the patient load grow from a couple of catheterizations a week to today's 15 to 20.

Some days run long, since the six-person team of nurses and technicians often stays past the usual eight hours to get the work done. But apparently it's never dull. Says Rand, "I don't have time to get bored. Every morning, I look forward to the day."

Computers have revolutionized medical research, says Lesley Williams. Williams, who is a development engineer — "I'm the electronics liaison" — designs and builds equipment.

Most of the instruments are one of a kind, developed because they can't be bought anywhere else — a volume oxygen system, for example, to monitor the oxygen intake of children, or the computerized biodata acquisitions system he is now designing.

Williams talks about his 25 years at UCSF, noting that he has seen the technology advance from the cumbersome, energy-wasteful vacuum tubes of the '50s to the tiny silicon chips of today.

To demonstrate, he picks up a chip, a thin black bar about two inches long. "This does the work of 100 vacuum tubes," he says.

"There are so many more exciting and difficult things that we're able to do now that would have taken years to do before — or that we couldn't have done at all."

For Williams, a top priority is keeping up with the state of the art: "I never stop studying."

Janet Collins, the blood gas lab's clinical laboratory technician, begins each day by "troubleshooting" — running three tests on a blood-gas analyzer to check it for accuracy.

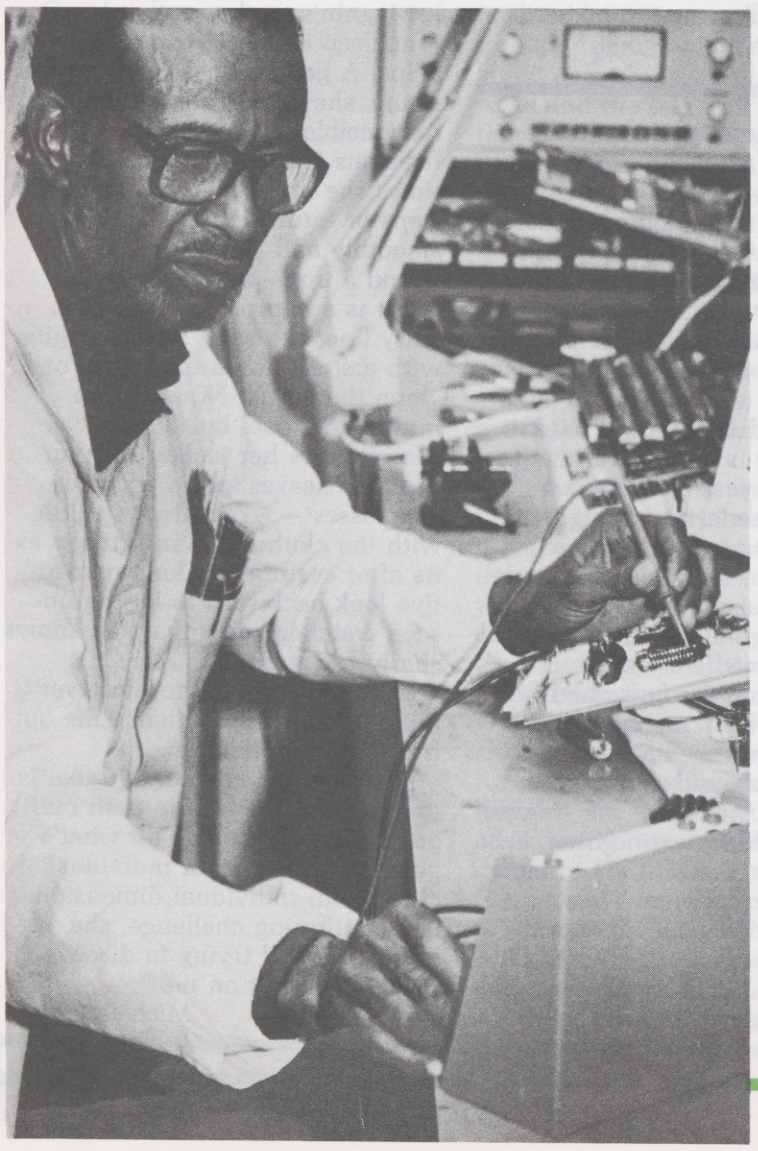
She is responsible for analyzing the oxygen, carbon dioxide and pH levels for all blood samples from the animal research labs, both catheterization labs, and the pulmonary function lab. The various automated machines that she maintains yield results in about 90 seconds.

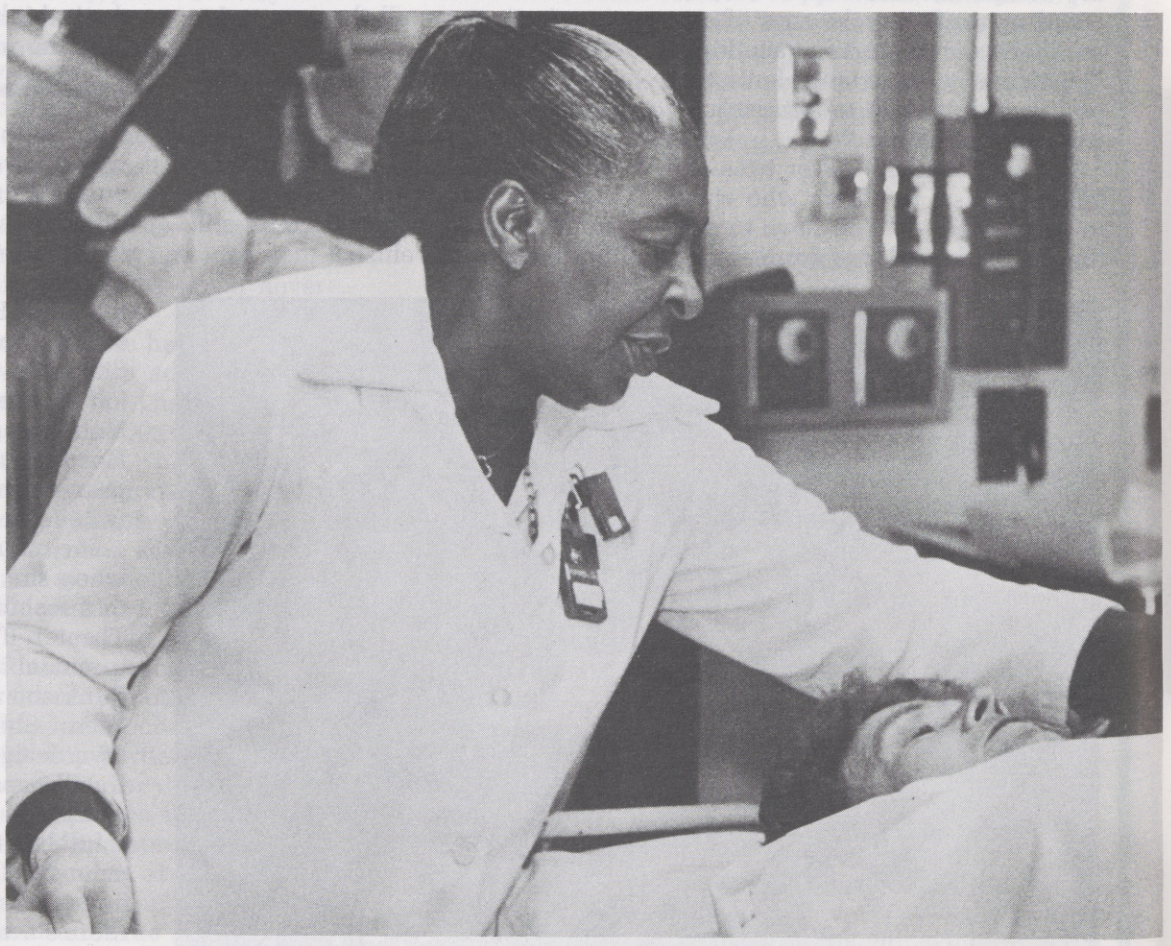
But analyses weren't always so efficiently accomplished, according to Collins. Eighteen years ago she began at the CVRI as one of five technicians in the same lab, all doing much of the work by hand in a series of neatly prescribed steps, for example, pouring the first solutions into a machine, adding blood, mixing, taking an initial reading of content, adding another solution to free one of the gases, mixing more—a 20-minute procedure at least.

Though the mechanisms have been refined, she says, "I'm really doing the same thing we always did, just in a different way."

Still, the job has grown, particularly since the institution of state and national quality control procedures to standardize all laboratory work. Besides the daily morning calibrations, Collins participates in a nationwide proficiency test, analyzing unknowns, four times a year. They are developments that she calls a primary part of her work, since so many others depend on the results she gets. "It's a confidence they're entitled to have."

Everybody here lends a hand, Fernando Floren-





Left: Lesley Williams develops instruments specially for CVRI research. Above: Technician Osie Rand works with patient in the Adult Cardiac Catheterization Laboratory.

zano says of the CVRI's many researchers in different specialties and from various universities and countries. Florenzano, an auxiliary professor of medicine at the University of Chile, is a postdoctoral fellow in the institute's research training program.

Though investigators are outstanding in their fields, he says, they're accessible to young researchers, and ready to help with problems: "They have the time and disposition to sit down and talk about your project." And their very diversity, he continues, amplifies your own perspective on your work and purpose.

Florenzano is concentrating on mastering techniques to apply to his own work on the valvular heart disease prevalent throughout South America. Here for two years of formal research training — which he says is not easily available back home — he has taken advantage of the program's courses in basic disciplines: statistics, for example, computer programming and science writing.

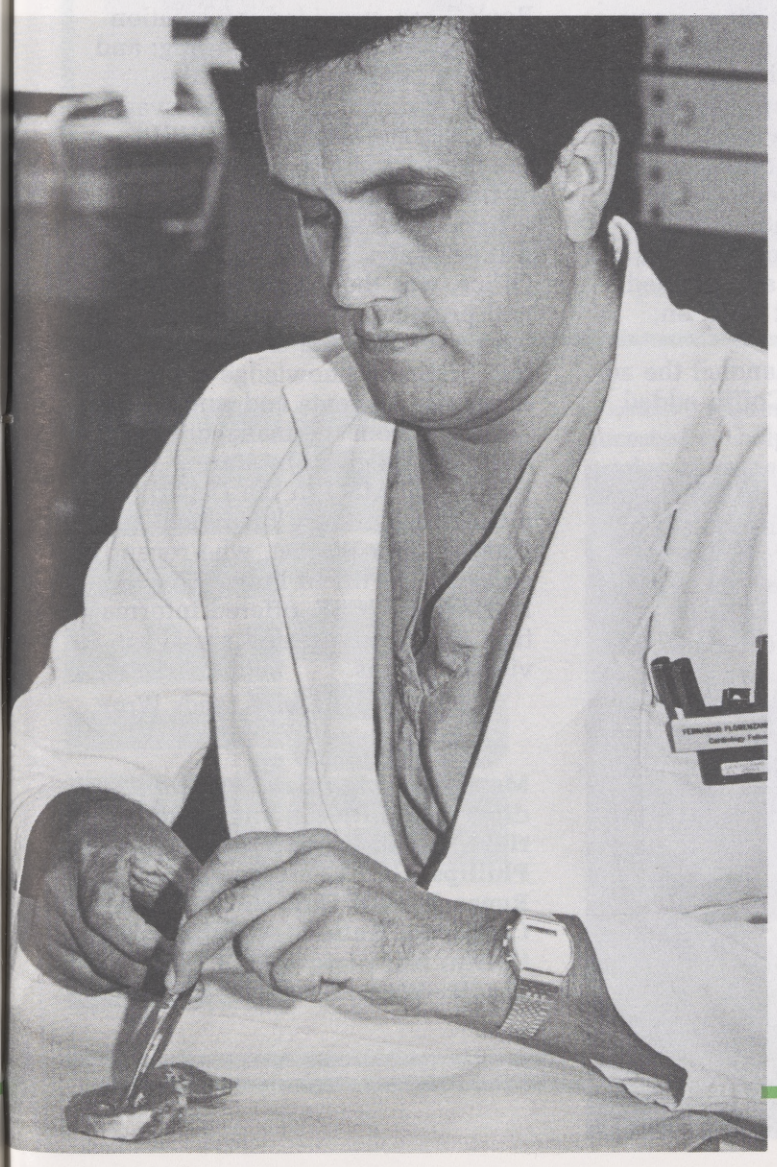
Florenzano, whose English is clear and expressive, apparently had a language barrier at first but, again, people helped, talking slowly and listening patiently. Grasping the quick one-liners, innuendoes and general back-and-forths tossed off by a group of friends all talking at once was perhaps the hardest task, he says. Now, however, at the end of his first year, "I can understand most, except maybe some of the jokes.

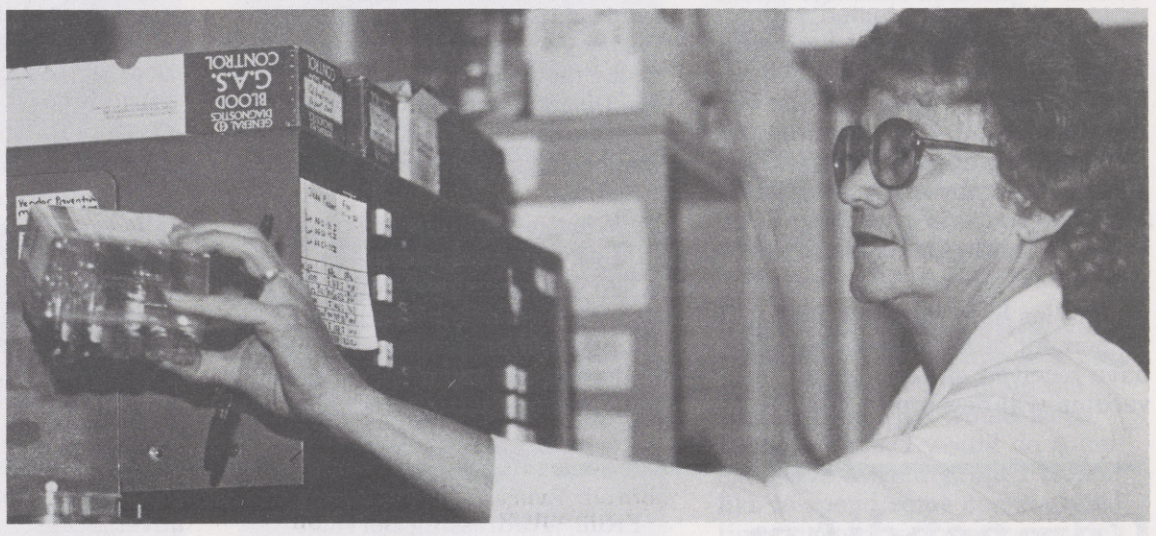
"That's for the second year."

The research training program has been part of the CVRI from the start. In it this year are some 140 postdoctoral fellows and visiting scientists from throughout the United States and 20 foreign countries. Working with them all makes for a year of constant variety, according to Marc Hamel. She sees to the program's administration in all its detail.

July, when most newcomers arrive for the rigorous interdisciplinary program, is the busiest time for Hamel, who helps them settle into UCSF life, from getting them registered on campus with appropriate credentials to advising them on visa problems, taxes or the local cost of living.

But she's busy the rest of the year as well:





Top: Medical illustrator Mary Helen Briscoe. Above: Janet Collins runs tests on blood-gas analyzer. Left: Fernando Florenzano, MD, in heart disease research laboratory.

scheduling rooms for courses, making hotel and travel arrangements for guest speakers at the Monday science lectures, getting out the newsletter to roughly 1,100 alumni, putting on the annual farewell party.

Says Hamel, "You never know what's going to happen from day to day. You handle a piece of work between interactions with people."

Promoting visual awareness has been one of Mary Helen Briscoe's ongoing projects for the 12 years that she has been the CVRI's medical illustrator. The "visual," she explains, is the way others view something, and it can be markedly different from what a scientist sees, or thinks he sees, in his own work.

Since communicating the research is not the same as doing it, "You have to put yourself in the place of people looking at it for the first time. So you try to make it as easy for them as possible."

For Briscoe, making it easy might mean cutting through the complexity of a chart or a graph, so that it communicates what the investigator really wants to say. Or it might be drawing a fine-lined pen-and-ink replication of a cell's interior or a cross-section of the heart. Or pasting up bold collages of brightly colored paper for posters to be displayed at conferences.

Whatever the piece of art, "the simpler and more diagrammatic you make it, the more effective it is."

Briscoe currently is developing a program to train researchers at the CVRI to do their own communicating. In addition to coaching individuals interested in designing their own displays, she gives classes in poster-making and in producing charts and graphs on a computer-plotter.

In all, a career at the CVRI has offered her a quality that seems to matter to her — freedom. "You can do to the best of your ability what you want to do."

Michele Liapes

Hepatitis B Vaccine Available

The campus is currently offering the hepatitis B vaccine to eligible employees at no cost. John E. Conte, MD, associate professor of medicine, Jackie Octavio, RN, and Linda Rosendorf, MS — all of the Infection Control Unit — answer some frequently asked questions about the vaccine:

Q. What is the hepatitis vaccine?

A. Hepatitis B vaccine, which is produced from human carriers of the hepatitis B virus, is now available to prevent hepatitis B infection. The vaccine contains only protein from the virus and *not* whole virus. It is highly purified and noninfectious.

Q. Who should get the vaccine?

A. Any campus employee who has frequent and direct contact with blood or blood products, needles or materials contaminated with blood or secretions is at high risk for exposure to hepatitis B. These individuals are eligible for the vaccine and should consider immunization. A list of guidelines with specific information on eligible campus groups is available through Employee Health.

Q. How effective is the vaccine?

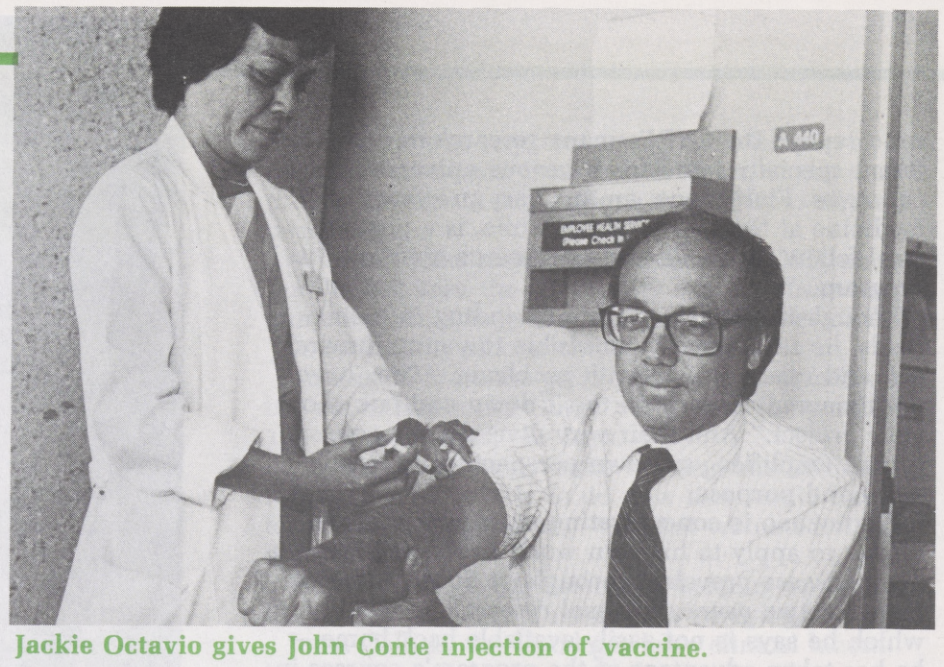
A. Studies have demonstrated that 96 percent of healthy people who have received all three doses of vaccine will develop antibodies and will be protected against hepatitis B infection.

Q. Is the vaccine safe?

A. More than 200,000 individuals have been vaccinated and experts in the health care field agree that the hepatitis B vaccine is well tolerated. After years of testing it has been approved and licensed by the FDA for use. Immediate reactions to the vaccine are minimal, with soreness at the injection site the primary complaint. To date, no cases of AIDS have been reported among vaccine recipients *not* in the high-risk group for AIDS. The vaccine is purified in a threefold process. Each of these processes has been shown to inactivate hepatitis B virus and representative viruses from all known groups and thus should inactivate any viruses potentially contaminating the vaccine. The Advisory Committee for Immunization Practices (ACIP) of the Center for Disease Control also states that "no known occurrence of AIDS has been associated with the vaccine."

Q. What is the duration of protection after vaccination?

A. At the present time the duration of protection is unknown. However, available data suggest that immunity probably lasts for five years or longer. To maintain immunity, a single booster dose may be necessary at a later date.



Jackie Octavio gives John Conte injection of vaccine.

Q. How many shots do I need?

A. Immunization requires three doses of vaccine given intramuscularly over a six-month period. The second dose is given one month after the initial injection. The third dose is then given six months after the first dose.

Q. How do I know if I need the vaccine?

A. If you are an employee who falls into an identified occupational group and are interested in the vaccine, a blood test will be done. This test will determine whether or not you are already immune. If the test is negative, you need the vaccine.

Q. Where do I go to get the vaccine?

A. The vaccine is available through Employee Health, in the Ambulatory Care Center, A-440. No appointment is necessary and you will have the opportunity to learn more about the vaccine from the nurse practitioner. Employee Health is open Monday-Friday, 8-12 and 1-4.

Q. How long will this program be available?

A. The Hepatitis B Immunization Program is an ongoing voluntary program provided by the University. All eligible employees should give serious thought to being protected against hepatitis B through immunization.

Compendium Committee

When you let your fingers do the walking between the blue and gold covers of the new *Campus Compendium,* you'll discover a multitude of services, programs and resources staff employees may need to know about.

The 100-page handbook was published by an all-volunteer committee of the Staff Employee Council (SEC) in the first campus effort to bring as much of this useful information as possible together and present it in a single publication. The first edition of 8,000 copies has been distributed to all UCSF staff employees.

From "Addressing Services" (and how to obtain them) to "Xerox Machines" (and where to find them), each alphabetized entry includes a concise description and, when appropriate, the address and phone extension.

The *Compendium* was the brainchild of Carol Copperud, training officer, Hospital Administration, and president of SEC. Joanne Coffin, now an administrative assistant at the VA Hospital, chaired the *Compendium* Committee, whose nine members met every Wednesday at lunchtime for nearly a year and gave their own time to the project after work and on weekends. The committee was responsible for raising money to pay for the publication, accomplished through the sale of advertising.

"UC-San Diego had just published such a guide and although it's quite different from the one we finally developed, it was a helpful model," said Coffin.

"The committee began by reviewing the index of the San Diego guide, adding other items as they occurred to us and going through existing publications for ideas. We divided up these lists and each member was assigned to research the topics on her own.

"The following week we compared results and, after another brainstorming session, revised and expanded the copy and divided the lists again. So it went on, week after week."

Carol Copperud handled the administrative work. Coffin added that three of the nine members have had previous editorial experience. Renee Hall, in addition to her job as an administrative assistant for LPPI, is a successful freelance writer and editor; Gail Camargo Kay, an administrative assistant in the Millberry Union Book Store, provided information about printing and publishing; and Barbara Paschke, an administrative assistant at the Cardiovascular Research Institute (CVRI), has been translating poetry from Spanish for publication.

Katie Menees, senior administrative analyst in the Chancellor's Office, was the expert on policy and protocol. Marylee Phillips, who works for the clerical pool, had firsthand knowledge about many departments and services.

Insight from the manager's point of view was given by Karen Robertson, MSO in the Department of Laboratory Medicine, and Patty Zindler-Wernet, who recently earned her PhD in Public Health Nursing at UCSF, offered information about nursing and social service programs.

Claire Leeds Wray

Members of the *Campus Compendium* Committee: standing left to right, Karen Robertson, Marylee Phillips, Gail Camargo Kay, Renee Renouf Hall; sitting, Carol Copperud, Katie Menees, Joanne Coffin. Not pictured are Patty Zindler-Wernet, Barbara Paschke.

QUESTION MAN

What is your dream vacation?

Interviews conducted by Denise Naughton.

Antonio C. Alvarez, lieutenant, Police Department: Scuba diving in the Bahamas. It would make up for my last one, which was more of a nightmare. I had just completed a dive, had changed and repacked everything to move to the next diving location. When I went to get into the car I discovered that I had also packed my keys in the trunk. I didn't want to break the glass of my car, nor did I want to spend a small fortune on a locksmith. A friend volunteered to drive me all the way home to get my spare set of keys. The entire adventure took about eight hours.

Alvarez

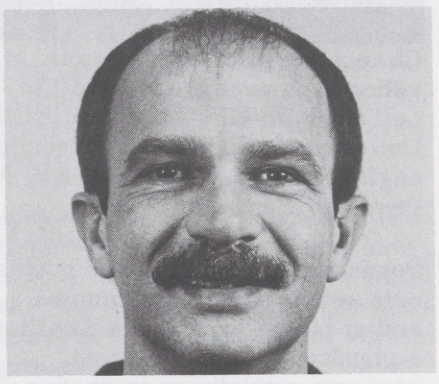
Randy Lantz, sergeant, Police Department: Skiing in Switzerland. That way I avoid lift lines, there are fewer trees and the runs are much longer.

Lantz

Paula Caretto, clinical nurse, ICU: I don't know. Which country should I begin with? I think what I would really like to do is just go on a world tour.

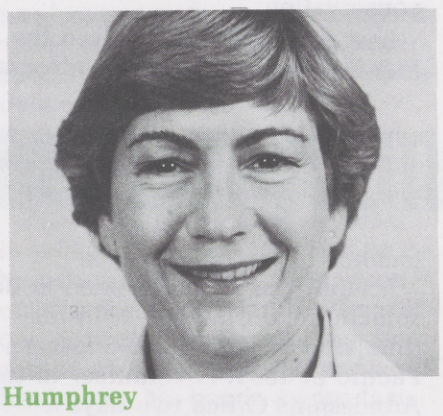
Caretto

Frank Fiori, staff research associate, Department of Pharmacy: I just had a dream vacation. Toured around Alaska for 11 days. Spectacular scenery and a lot of wildlife.



Fiori

Nguyen



Humphrey

Puterbaugh

Welpott

Burton

Ann Nguyen, graduate student, pharmaceutical chemistry: I haven't had a vacation in five years. If I had one, I would begin with travel all over this country. I have no particular place in mind. I want to go everywhere and see everything.

Aline Humphrey, research nurse, Epidemiology & International Health: To be among the first group that goes to the moon. To be a moon tourist.

Bruce Puterbaugh, editorial assistant, Department of Anesthesia: An all-expenses-paid trip to Fremont, breakfast at Denny's and to see at least five miles of freeway since I haven't left San Francisco in two years.

Jan Welpott, typist clerk, Department of Medicine: I'm going on my dream vacation in October — a cruise of the Caribbean.

Anita Burton, administrative assistant, LPPI: A five-year vacation to take a trip around the world. To start, I would learn French. Then, I would do some extensive traveling, but I would like to spend some concentrated time in Zaire, a French-speaking country in central Africa. After living there for a while, I would then move to Sierra Leone in west Africa on the Ivory Coast. The beautiful beaches would keep me there for a long time. After all of that traveling, I'm sure I would be very homesick.

David Wagner, clinical nurse: Six weeks on a Caribbean cruise.

BULLETIN BOARD

Faculty, students and staff interested in helping to educate senior citizens in health matters are needed by the Community Health Education Program (CHEP).

In this University-sponsored and much-needed public service, an educator holds discussions on a wide range of health topics with groups of seniors at more than 40 senior centers in San Francisco. Sessions usually last one hour, and transportation is provided by the Office of Public Service Programs.

About 120 UCSF volunteers participate in the program, and more are needed. For further information, contact David Bracker at ext. 3206.

An additional security shuttle is being run on a trial basis from the Kezar Parking Lot to the campus every 15 minutes from 6 to 8:30 am, and to Kezar from the Moffitt Hospital circle every 15 minutes from 7:45 to 8:30 pm.

Personnel services for minority communities and UCSF employees at CED and SFGH are now offered at a satellite office opened by the Personnel Office's Employment Division at CED, 1855 Folsom Street, Room 131.

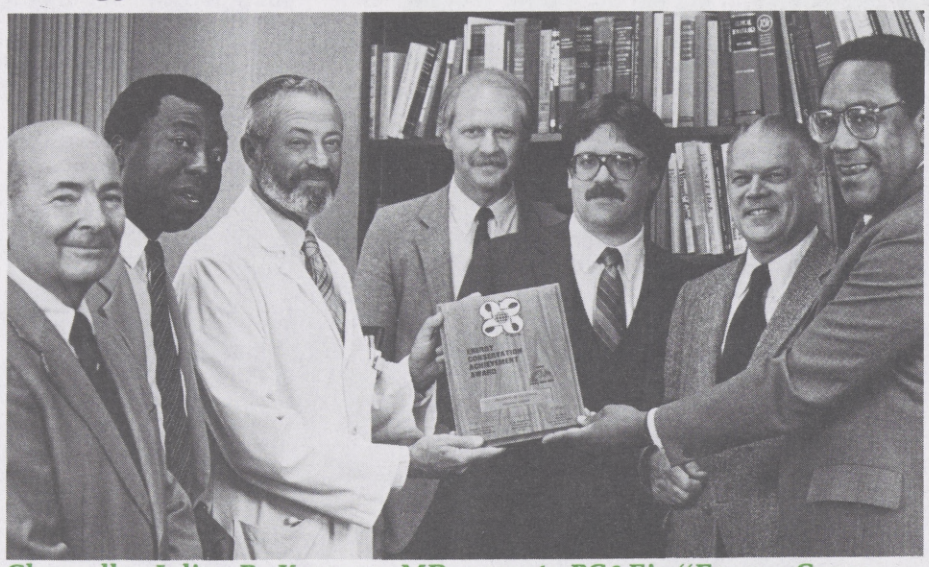
Job announcements, application information, screening interviews, job counseling, transfer and promotion information and interviewing workshops are available at the new office, open weekdays, 10 am to 4 pm.

The Campus Affirmative Action Outreach Recruitment Program will be administered there as well. The program provides minority communities with more access to employment services and opportunities at UCSF, and the Employment Division, campus managers and supervisors with resources, techniques and plans for affirmative action outreach.

For further information, contact Robert Rojas, outreach recruitment coordinator, at ext. 5357 or ext. 1645.

CAMPUSWIDE

Energy Conservation Award to UCSF



Chancellor Julius R. Krevans, MD, accepts PG&E's "Energy Conservation Achievement Award" to UCSF from Owen H. Davis of PG&E. Left to right: Guy LeBreton, UCSF Physical Plant associate director; Don Amuzie of PG&E; Chancellor Krevans; Chuck Charlton, UCSF engineer; Steven Blanc, PG&E; Nat Garibaldi, director, UCSF Physical Plant; and Davis.

Persistence in small things is what cuts an energy bill, on campus and at home, says Chuck Charlton, a physical plant department engineer specializing in energy conservation.

Last month UCSF received the PG&E Award for energy conservation. It is the first year that utility companies have been required to analyze the energy use of facilities in the public sector, Charlton says. Of PG&E's large commercial customers, only about 10 percent received the award.

In the past 10 years, the UCSF campus has reduced its total energy consumption by 25 percent. Some savings are due to the Physical Plant Department's installation of automatic time clocks that shut off heat and ventilation equipment ("the biggest part of the bill") at the end of the day, replacement of fluorescent lights with lower-wattage tubes and a current "cogeneration" project to use exhaust steam for heating buildings and water.

But the real results, according to Charlton, come not from sweeping measures but from relentless attention to details. Anyone can help curb waste, just by paying attention — turning off lights at the end of the day, reporting a dripping faucet (especially if it's hot water, that's a big one), an overheated office or an outdoor light that's on during the day.

It's the kind of routine maintenance that people should practice at home as well. Checking on the need for insulation, weather stripping and, if there are small children running in and out, automatic door closers, are others.

In short, says Charlton, the real responsibility at home or away is "keeping your eyes open."

AUXILIARY/VOLUNTEERS

More Men Volunteering

The number of men in the volunteer corps is up — currently to almost a third, and rising all the time, says Joan McElearney, assistant coordinator of Volunteer Services. Some are retired from lifelong careers that gave them no time for community service. Others are students investigating the health care field, here in the UCSF volunteer program for the practical experience that can help them make career decisions or further the work they're already pursuing. The trend is reflected in the people recently selected as volunteers-of-the-month — three men and one woman.

August's volunteer-of-the-month, **Ernesto Avelar,** was about to start his first year in the School of Pharmacy and wanted to find out more about patient care first. When he began volunteer service last December, he didn't see how operating a bookmobile would help. Now he says that the interaction with patients, all hungry for something fresh and interesting to read, has given him a wealth of experience that will serve him well in his own profession.

Henry Chin (July) plans to study nuclear medicine and started out as a volunteer patient escort in the nuclear medicine service. But his mathematics background and aptitude for instrumentation made him a natural for his current responsibility — generating a monthly report for department management on performance and maintenance of the instruments.

Joseph Bini (June) decided to do something worthwhile with his time after retiring from Southern Pacific in 1981. A volunteer in the Admissions Office two days a week, he serves coffee, answers questions and escorts patients to their rooms or to X-ray — all with an easy cordiality that makes him an ideal first contact for the incoming.

Sara Segovia (May), a native of Bolivia, worried that her English was insufficient. But it has stood the test of two years' time at Moffitt lobby's information desk, where she answers questions in person and on the phone, gives directions and calls taxis for people.

As Joan McElearney puts it, they are people that brought "variety to our program."

Officers Named

The UCSF Hospitals Auxiliary presented Chancellor Krevans with a $65,000 check for free television service for hospital patients at its annual meeting last May.

The Auxiliary also announced officers for 1983-84. They are: Robert Lilienthal, president; Faricita Wyatt, past president; Patricia Krevans, president-elect; Bonnie Raskin, first vice president; Jeanette Katz, second vice president; Abe Brown, third vice president; Ronald Rankin, treasurer; Beulah Behrman, secretary.

Campus Celebrates Chauncey Leake Day

Relay team heads down the course.

A walking pathology specimen slide, an infantrywoman in full-dress camouflage and Daisy Mae all contributed to the conviviality of Chauncey Leake Day on May 26.

First-place winners for best costume in the stretcher relay race were the 145 Irving Street team of Bob Axelson, David Bracker, Deb Brent, Barry Clagett, Robin Lefler, Tom Matteoli, Bernice Muscante, Bill Neff and Eric Vermillion. First place for the fastest went to the Hospitals and Clinics team of Kathy Balestreri, Carol Copperud, Sergio DeAlba, Allan Eng, Gail Hardin, Byron Ho, Joe Morales, Richard Roginski and Danny Williams.

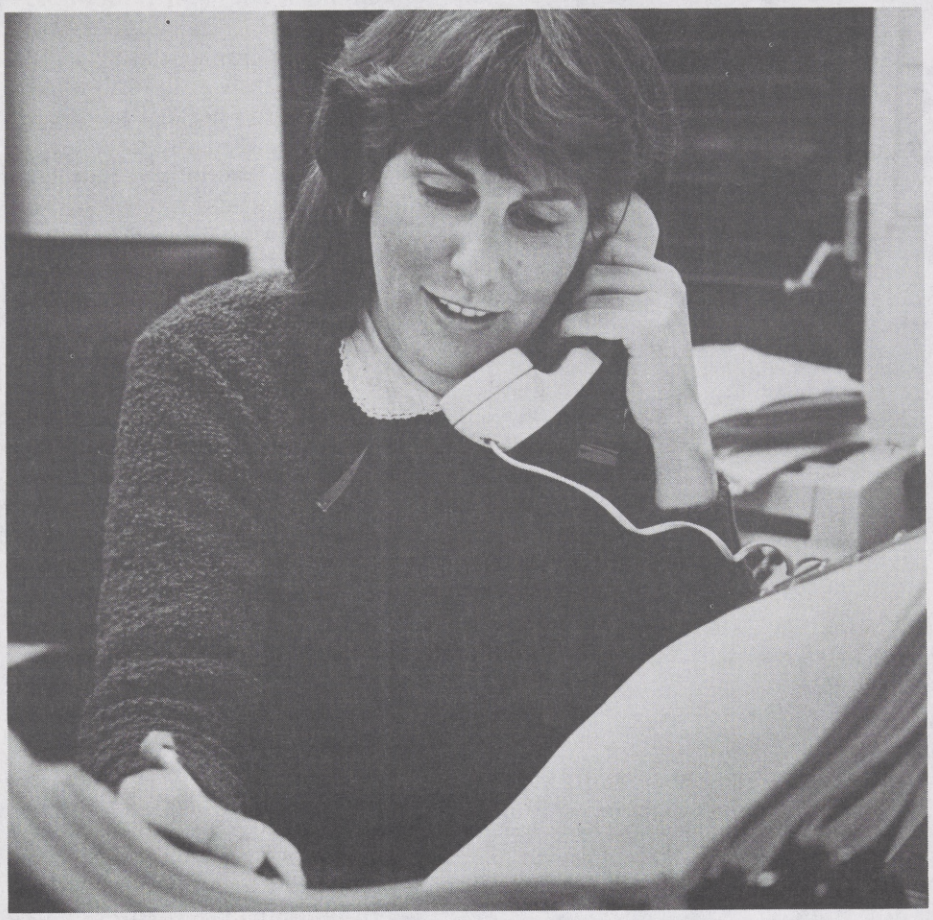
Viewers cheered participants across the finish line in Saunders Court, and more than 400 people enjoyed the lunchtime picnic, featuring music by the UCSF Marching Band and bargain deals in hot dogs, soft drinks, baked goods and plants.

The day is an annual tribute to the late Chauncey Leake, the Department of Pharmacology founder, who was also a poet, traveler and lover of nature and the outdoors.

The Chauncey Leake lecture was given by Nobel laureate Melvin Calvin, professor of chemistry at UC-Berkeley, and an exhibit highlighting Leake's life and interests was on display for a week.

PERSONNEL

She Handles All Classroom Scheduling



Marie Fox has one of the most difficult and — many would agree — unappreciated jobs on campus.

From her small, orderly office in a corner of the Student Services Building, she's single-handedly responsible for dispensing a sought-after commodity — space for hundreds of classes, seminars, lectures, grand rounds and other events.

These groups are accommodated in a multitude of widely scattered classrooms, seminar rooms and lecture halls, with a seating capacity ranging from 12 to 408. The centralized scheduling service is used by the schools of Dentistry, Medicine, Nursing and Pharmacy, as well as the Graduate Division. Staff and employee meetings also are assigned to available rooms.

To keep track of what, when and where, she uses a set of well-organized looseleaf binders that include a separate Master Schedule and Daily Schedule for each academic quarter. A large wall calendar over her desk serves as a handy reminder of vacation breaks and special events.

At the beginning of each quarter, Fox makes up the Master Schedule for that season, noting hour by hour, in the appropriate squares, all classes and meetings customarily held at the same times and locations year after year. She copies these onto the daily schedule for the season. Now the blank squares on the daily schedule are ready to be completed, in pencil, of course, as new reservations are called in. For the files, and for distribution to others concerned, such as EMR, housekeeping and, in the case of large meetings, parking services, the phone reservations must be backed up with multiple-copy reservation forms.

The system seems straightforward. In practice, it is highly unpredictable. Reservations made months in advance on the daily schedule may be changed several times, and locations reshuffled sometimes at the last minute for unavoidable reasons, such as cancellation by a speaker or an unexpected increase in enrollment. Requests for projection equipment and housekeeping services must be rescheduled accordingly.

After three years on the job, trim, animated Marie Fox has learned to take it all in stride. She admits, though, "At first it wasn't easy."

She had inherited a workable system from her predecessor. But there was no way she could have anticipated certain problems until she had learned through experience about the specific needs of various groups.

She explains: "Some groups need rooms with good blackboard space. Others require extra floor space regardless of expected attendance; for instance, when necessary to provide the proper angles for projecting slides and displaying x-ray films."

There are also inevitable cases in which misunderstandings or human errors occur. The person making the reservation has marked one date on his calendar, for example, and Fox has recorded a different one. No one is aware that there is a problem until an irritated crowd has gathered in the hall outside a room already occupied by others.

"Fortunately, we've usually been able to work things out," she says, "and most people take the inconvenience in good humor."

Could computerized scheduling prevent such breakdowns in communication? Fox's boss, Associate Vice Chancellor and Registrar Robert Gibson, says this is one of his highest priorities. Funds permitting, he would especially like to see an up-to-the-minute daily schedule of meeting locations made accessible to computer terminals all over the campus.

The fact that the system runs as smoothly as it does, Gibson says, can be credited entirely to Fox's talent for managing detail. "She's not only a very nice person, she's completely dedicated to doing a good job."

Fox has been using the department's microcomputer to speed at least one complex operation. Among her duties is publishing the printed booklet issued three times a year, announcing regularly scheduled classes for all schools. Fox keys in the information, and this is transferred from a floppy disk to tape, to which a systems analyst has added typesetting symbols for the printer. After proofreading and final printing, the schedules are distributed campuswide.

One reason that Marie Fox is able to maintain her equilibrium and sense of humor on the job is her capacity for unwinding when she's away from it. On her lunch hour she swims in the Millberry Union pool — "I try to make a mile every day." After work she runs in Golden Gate Park, and on weekends she participates in athletic competitions as a member of a triathalon relay team (runner, swimmer and bicyclist). She's the swimmer on the team, but she's training to excel in all three sports.

Claire Leeds Wray

SCHOOL OF DENTISTRY

Dental Instrument Inventor Tofflemire, 1896-1983

At age 86, Dr. Benjamin F. Tofflemire still talked about the possibility of one or two more inventions.

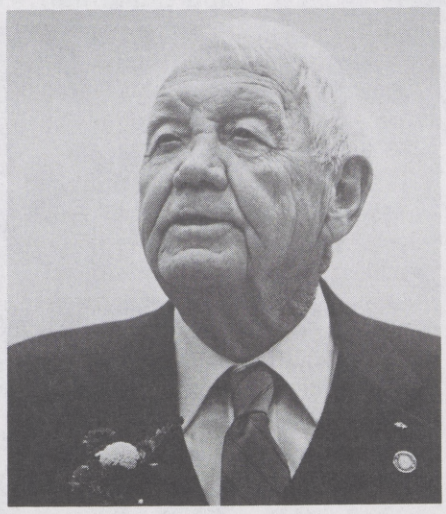
After all, he had spent most of his years developing tools that would aid dentists and physicians in their work. He did this for enjoyment and his desire to make a contribution to health care.

Tofflemire, a 1921 UCSF School of Dentistry graduate, died on June 18.

Although he had invented and patented numerous instruments, Tofflemire lived modestly, never seeking recognition or wealth. Beginning in the 1930s, he patented some 50 instruments — most of them for oral and maxillofacial surgery. The most prominent of his inventions were the matrix band and retainer, first developed in 1948 and still widely used in restorative and operative dentistry offices today.

Earlier this year, Tofflemire turned over his patents to the School of Dentistry as a token of appreciation to his alma mater. Some of his work is on display at the school.

Exactly one month before Tofflemire's unexpected death, the School of Dentistry held its annual awards ceremony, dedicated this year in his honor. He was warmly greeted by the faculty, staff and students of the school, who came to express their appreciation for his many contributions to dentistry. On behalf of the school, Dean John C. Greene presented a plaque to Tofflemire.



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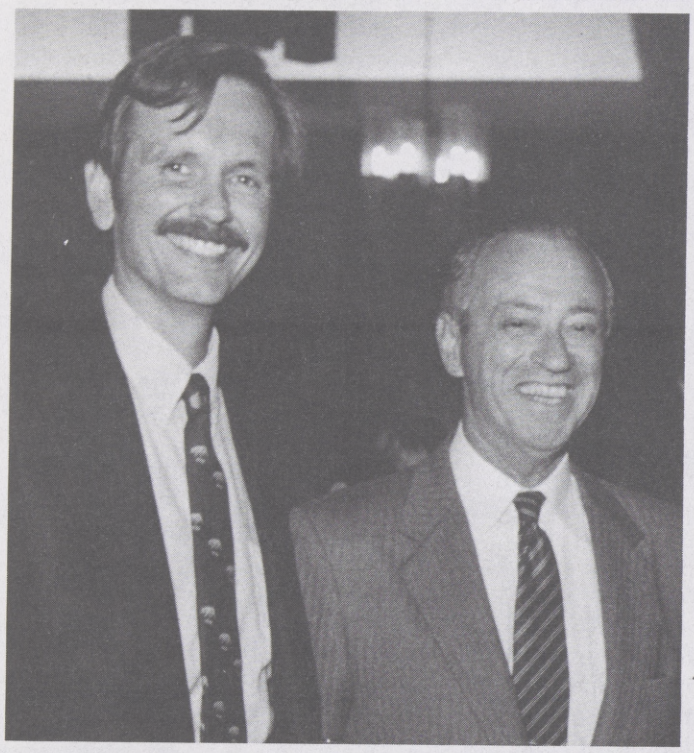


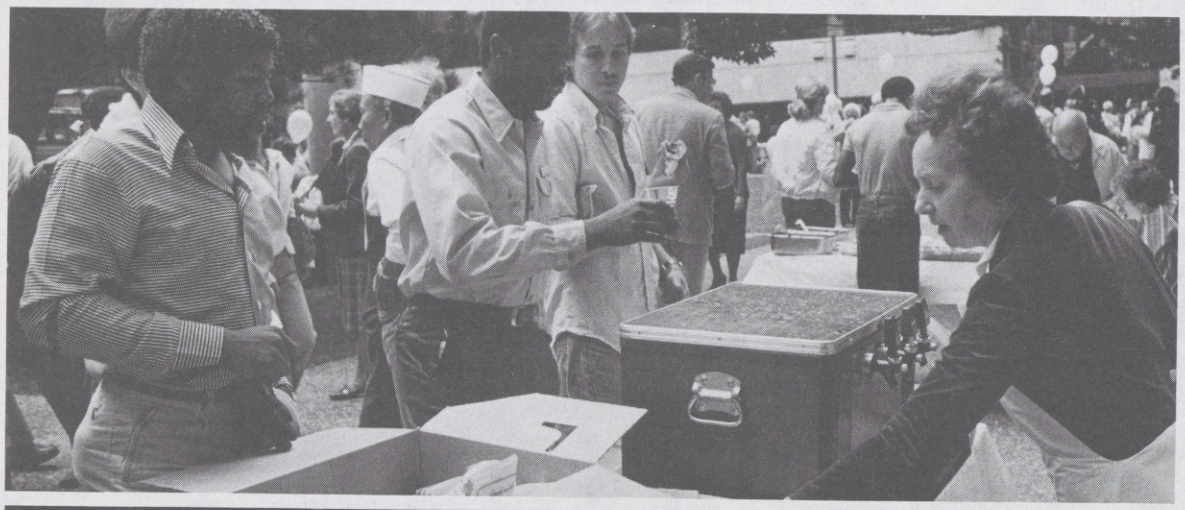
To the UCSF Family:

The Long Hospital dedication was an exceptional celebration. Our neighbors, visitors and friends shared with us an event that could happen only because of the efforts of the people who make everything work so well — you. I want to thank all of you for making the day such a success and for making UCSF the great institution it is.

Sincerely yours,

Julius Krevans

Julius R. Krevans, MD
Chancellor



Clockwise from top left: Marcellus Martin, associate director and controller of Hospital Accounting, and June Quintin, administrative director of Radiology, at staff kick-off party; juggler Edward Van Alstyne entertains in Saunders Court; Cliff DeMagri shows linear accelerator during tour of the Haas Radiation Oncology Pavilion; San Francisco Supervisor Willie Kennedy at ceremony; Physical Therapy director Rita Arriaga at Friday's kick-off party; employees at the lunch in Saunders Court; Director William Kerr and Chancellor Krevans at the dedication of the Francis A. Sooy Surgical Pavilion.